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Navy & Marine Corps Medical News  
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This service distributes news and information to  
Sailors and Marines, their families, civilian employees,  
and retired Navy and Marine Corps families. Further  
dissemination of this e-mail is encouraged.

Headlines this week include:

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MN970308. Docs Presented Chairman's Award For Excellence  
Washington, DC - CDR Dana C. Covey, MC, and CDR Stephen  
C. Schallhorn, MC, received the Chairman's Award for  
Excellence in Military Medicine from Chairman of the Joint  
Chiefs of Staff GEN John M. Shalikashvili, USA, in  
ceremonies conducted Aug. 12 in Washington, D.C.

Covey, the 1996 winner, is an orthopedic surgeon,  
instructor, researcher, and Surface Warfare Officer. He  
founded, organized and chairs the first Joint Service  
Working Group tasked to develop innovative ways to enhance  
the quality of field hospital management and care of sick  
and injured personnel during operations other than war.

Schallhorn, the 1997 awardee, began his Navy career as  
a F-14, A-4 and F-5 pilot. A proven superior pilot, he  
became a TOPGUN instructor at the Navy Fighter Weapons  
School.

Soon after, he was accepted into the Uniformed Services  
University of Health Sciences, from which he graduated in  
the top five percent of his class. He began his formal  
training in ophthalmology with a residency at Naval Medical  
Center San Diego, where he studied refractive eye surgery.

Schallhorn is recognized as an international expert in

his specialty and currently serves as the director of corneal surgical service and director of the refractive surgery clinic, which he designed and established.

The award is sponsored by Zachary and Elizabeth Fisher, long time supporters of the Armed Forces. It is presented to doctors or medical professionals in the Army, Navy and Air Force. Awardees are presented \$50,000 grants by the Fishers to assist each physician in research.

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MN970309. San Diego Team SPRINTS to Guam

San Diego - Two days after the fiery crash of the Korean 747 in the jungles of Guam, mental health professionals from Naval Medical Center (NMC) San Diego were on their way to help the Sailors and other rescue workers.

The seven member Special Psychiatric Rapid Intervention Team, or SPRINT, provided short-term mental health and emotional support to minimize the impact of traumatic stress for those involved the rescue efforts. The team includes a psychiatric doctor, a nurse, a social worker, three corpsmen and a chaplain.

LCDR Paul Hammer, MC, a staff psychiatrist at San Diego, lead the team.

"A lot of what we want to do is to get people to talk about what they've observed, what they've seen and what they experienced," he said. "Our purpose is to help them get that resolved and to help them recover from (it), to be able to move on."

He noted that many times, rescuers will experience disturbing dreams or visualize disturbing images from the event, causing stress and other emotional disorders.

"What we try to do is to help them to talk about those reactions and then educate people about what are normal responses to a severe, acute stressful situation," he said. "These are normal people going through an abnormal event."

Hammer said that most people return to feeling normal within two-to-three weeks after such an event.

"If we're able to get them to talk about it, with their friends and with the people they went through that experience with," he said, "they realize they're not crazy...they can and will recover."

Hammer noted this also helps people recover more quickly and get back to their work, usually without experiencing acute stress symptoms.

"I think we make a huge difference," Hammer said.

Other Navy commands assisting U.S. Naval Hospital (USNH) Guam with the aftermath of the crash include USNH Yokosuka, Japan; Naval Medical Clinic Pearl Harbor, HI; Naval Hospital (NH) Bremerton, WA; and NH Camp Pendleton, CA. By JO1 Joe Parker, NMC San Diego

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MN970310. NEHC Asks "Experts" for Fitness Help

Norfolk, VA - The Navy Environmental Health Center

(NEHC) in Norfolk went to the experts when it came to getting help in designing posters to promote physical fitness.

NEHC went to the Sailors themselves, gathering them into groups and asking them about their fitness and health. Recruits from Naval Training Center Great Lakes, IL, officers at the Naval War College, and fleet Sailors from around the world participated.

"We asked the (Sailors) what kind of physical activity they enjoy, the benefits of exercise and barriers that keep them from exercising," said Diana Settles, who organized the groups. Settles is the physical fitness program manager at NEHC.

According to Settles, almost without exception, Sailors said they exercised for the immediate results. They want to look better and feel better, and also want to reduce stress and improve their energy level.

The Sailors were then asked about what kind of posters would offer encouragement to exercise, and the answer was clear: Use photographs of real Navy men and women in Navy locations.

Sailors from USS MONTEREY, USS GEORGE WASHINGTON, Naval Air Station Oceana, Naval Base Norfolk and Naval Amphibious Base Little Creek all "modeled" for the posters. The posters will be available this fall.

By Karen E. Murphy, NEHC

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#### MN970311. School of Medal of Honor Recipient Adopted

Great Lakes, IL - Naval Dental Center (NDC) Great Lakes has adopted the Allandale Association, a residential school in nearby Lake Villa that claims Medal of Honor recipient and Navy dentist LTJG Weeden E. Osborne as a graduate.

The Allandale Association, then known as Allandale Farm, was a haven for homeless boys when Osborne attended the school just after the turn of the century. After he graduated, he attended dental school and then joined the Navy as a dental surgeon in 1917.

The following year, Osborne was assigned to the Marine Expeditionary Force in France. He volunteered to serve with a front line first aid party, coming to the aid of Marine CAPT Donald F. Duncan. While attempting to carry Duncan to safety, both officers were killed by an exploding shell. For his extraordinary heroism under fire, Osborne was awarded the Medal of Honor.

Today, the Allandale Association is a 129-bed residential school for boys with special educational and social needs. The NDC Great Lakes staff assists with school maintenance and restoration as well as one-on-one tutoring and mentoring.

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#### MN970312. Hospital Mobilizes To Find Six Year-Old

TwentyNine Palms, CA - It's every mother's nightmare -

your six year old has disappeared.

It happened to ENS Sandra Parker, NC, of Naval Hospital (NH) TwentyNine Palms. One afternoon recently, while she was getting ready for work, her son Alec disappeared.

Parker immediately called the Base Provost Marshal's Office (PMO) to report that her child was missing, and then called her boss, CDR Nancy Silki, NC, who immediately went to Parker's aid.

With the surrounding Mohave Desert's temperature hovering around 110 degrees, the PMO knew they had a dire situation on their hands. They called on the hospital to help with the search.

"Once the call was put out for volunteers, the response was overwhelming," said Executive Officer CAPT Joan Huber, NC. "Especially on a Friday afternoon around secure time when people are wanting to get started on their weekend."

Almost three dozen people volunteers showed up to search, and others re-arranged their work schedules to free up staff members so they could help look.

About two and a half hours after Alec disappeared, he was discovered in the home of one of his buddies in a nearby neighborhood. Alec was completely oblivious to all the commotion taking place on his behalf.

"In my entire life, I have never experienced anything so frightening, but I was comforted that all my shipmates and peers were there in an instant to help. It truly made me feel like my family had come to the rescue," said Parker. By Dan Barber, NH TwentyNine Palms

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MN970313. USS RENTZ Medevacs Sailor In Arabian Gulf

Arabian Gulf - The crew of USS RENTZ (FFG 46) proved recently that you don't have to be a member of the Medical Department to help save a sick shipmate.

The ship's crew came to the rescue recently when a Sailor from USS CIMARRON (AO 177), steaming nearby, needed to be medevac'ed because of internal bleeding.

At the time the call came in, RENTZ' embarked helicopter detachment, HSL 49 Detachment 5, was conducting maintenance on one of its two helicopters. To launch the mission capable helicopter, the aircraft under maintenance had to be "folded" and moved into the hangar, and the other helicopter had to be moved out onto the flight deck.

Despite the fact it was the middle of the night, the evolution, including preflight checks, was done in only 39 minutes.

The helicopter's crew, Pilot LT Ken Crowley, Co-pilot LT Dave Schlesinger and AW2 Nick Kelbaugh picked up their ailing passenger and headed for Bahrain International Airport, landing at quarter past midnight, less than two hours after the call for help went out.

By LT C. J. Downey, USS RENTZ

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MN970314. Jax Patients Reach Out And Touch Someone

Jacksonville, FL - It just got a little easier for patients at Naval Hospital Jacksonville to reach out and touch someone.

The hospital, working with the Navy Exchange and a long distance phone service provider installed a number of phone card vending machines. A card, once purchased by a patient is good for a specified number of minutes of long distance phone calls. The service is being particularly well received by patients on the medical and surgical ward.

"The very nature of a military patient, active duty, retirees and family, generally means they have family members away from the Jacksonville area," said LT Cathy Bayne, NC, medical and surgical ward's division officer. "We knew it was difficult for our patients to make long distance calls, and thought it would be a great customer service enhancement if we could make it easier."

AN Joanne Babin, attached to HSL-40 at Naval Station Mayport and a patient at the hospital, used the card to call her family in Canada.

"I think having the phone cards available is great. When you go to the hospital you don't think about bringing calling cards or change for long distance phone calls," she said.

Navy Surgeon General VADM Harold Koenig, MC, thinks it's a great idea, too. At a recent TRICARE conference in Washington, D.C., he used NH Jacksonville's phone cards as an example of a small thing that can make a big difference when it comes to customer satisfaction.

By Bob Hines, NH Jacksonville

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MN970315. Pensacola Extends Symposium Registration

Pensacola, FL - Naval Hospital (NH) Pensacola's "Leaders in Support of Healthy Lifestyles" symposium, being held from Sept. 17-19, has extended its registration deadline to Aug. 29.

Navy and civilian health care professionals interested in attending should call NH Pensacola's staff education and training department at (850) 505-6228, DSN 534-6228 or register via the hospital's Homepage, [pcnh-srv.medweb.navy.mil](http://pcnh-srv.medweb.navy.mil).

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MN970316. TRICARE Question and Answer

Question: I'm a Marine who is being transferred from TRICARE Region 6 to Region 11. My whole family is enrolled in TRICARE Prime. Do I have to disenroll in Region 6 and then re-enroll in Region 11?

Answer: Active duty military families can now take their TRICARE Prime enrollment with them if they move to a region where TRICARE is operational.

"Portability" of the enrollment of TRICARE-eligible person in Prime will be introduced in three phases, the

first of which began July 1, 1997. Active duty military families have portability of their TRICARE Prime enrollment, effective July 1, in the region to which they relocate. Retirees and their families will be able to move from region to region with their Prime enrollment beginning in Fall 1997, although there will be a limit on the number of times they can move within a year's enrollment.

Prime-enrolled active duty families may also "split" their enrollments. This means members of the same family may enroll in TRICARE Prime in different regions, but the family will only need to pay one annual enrollment fee. This feature will also be available to all other Prime-enrolled families in Spring 1998.

TRICARE Prime enrollment portability lets a family transfer its Prime coverage during a permanent move to another region. Even if active duty military families move temporarily for 30 days or more, they should transfer enrollment to the temporary residence. If you're part of such a family, and TRICARE Prime isn't available at your temporary location, you can disenroll from Prime before you leave your old location, use TRICARE Standard while you're away, then re-enroll when you return.

A word of caution: It's important to remember to disenroll by informing your TRICARE Service Center before seeking care with TRICARE Standard. Otherwise, you'll have to pay higher costs under the "point-of-service" option.

For more information about TRICARE portability contact the TRICARE Service Center or Health Benefits Advisor nearest you.

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#### MN970317. Healthwatch: Tobacco Can Kill, No Matter How You Use It

Whether the tobacco is shredded to be chewed or finely ground to be used as snuff placed between the lip and gum, oral use of tobacco - commonly known as "spit tobacco" - is bad news for your health.

It is laced with toxic chemicals such as polonium, found in nuclear waste; formaldehyde, the active ingredient in embalming fluid; cadmium, found in car batteries; n-nitrosamines, known cancer-causers; and cyanide, arsenic, benzene, lead and nicotine, all potent poisons.

Some may think spit tobacco is a good substitute for smoking since it doesn't cause lung cancer, but make no mistake - it is just as addictive and cancer causing. According to the National Spit Tobacco Education Campaign, spit tobacco contains as much or more nicotine as cigarettes, which means it's just as addictive. LCDR Timothy J. Neumann, DC, from the Bureau of Medicine and Surgery points out that one recent study has shown people who chew or dip can have twice as much nicotine in their bloodstream as smokers do. The constant flow of nicotine from the tobacco being held in the mouth can cause many side effects, including increased heart rate, increased blood

pressure and sometimes irregular heart beats, which can lead to a greater risk of heart attacks and stroke.

Spit tobacco also has other negative side effects.

"Chewing tobacco is a constant irritant to the tissues of the mouth. That constant irritation can lead to changes in the tissue that may eventually lead to oral cancer," said Neumann.

Neuman said holding the tobacco in one place in the mouth irritates the skin and causes a white, leather-like patch called leukoplakia. Leukoplakia is a pre-cancerous condition.

According to the American Academy of Otolaryngology, chewing tobacco and snuff can cause cancer of the mouth, including the lip, tongue, cheek, and throat. The cancers most frequently occur where the tobacco is habitually placed.

Along with these more serious ailments, spit tobacco can cause permanent discoloration of teeth, bad breath and receding gums, which may lead to early tooth loss.

"I think it's obvious that the cons definitely outweigh the pros when it comes to chewing tobacco," said Neuman. "About 30,000 new cases of oral cancer will be diagnosed in the U.S. this year. Approximately 9,400 will die. And the primary cause of these new cases is tobacco."

For those that suffer with this addiction, see your local medical treatment facility for information on how to quit.

By Kimberly Allen, Bureau of Medicine and Surgery

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail [mednews@bms200.med.navy.mil](mailto:mednews@bms200.med.navy.mil), telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.